

Experiences Related to Anxiety

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

My nursing home patient's panic disorder had been causing a great deal of somatic stomach pain, so much so that the nurses said her call light was almost constantly lit. She also had severe hearing loss. When I started playing *Pain Management* at her bedside she said, "Honey, I can't hear it."

"It doesn't matter," I told her, "just relax and I'll check back with you in ten minutes."

When I looked in on her, she was deeply asleep. Later on, waking from the best nap she had had in weeks, she said, "I didn't hear a thing but I feel wonderful."

Regular use of *Hemi-Sync* tapes trains patients with multiple anxiety related symptoms to achieve Alpha and Theta states easily. These states are useful in psychotherapy to inhibit the presence of anxiety. *Metamusic* tapes reduce the generalized anxiety level very quickly and qualitatively better than do psychotropic drugs. The most logical interpretation is that these tapes very definitely and quickly help the mind/body unity to return much closer to homeostasis, the ideal state of mental and physical equilibrium.

The 61-year-old woman was admitted to the hospital with severe emphysema, congestive heart failure, and depression. She was very anxious and struggling to breathe. Within 24 hours after I began using *Deep 10 Relaxation* with her, the staff was reporting a significant reduction in her anxiety level.

Report from a psychologist. The patient was experiencing intense anxiety about an upcoming MRI test, which involves the person remaining motionless inside a very cramped tube for hours as the machine takes pictures of the brain. Anesthesia cannot be used for this procedure. The medical team reported that no one who was even moderately claustrophobic had ever completed the MRI test. After three weeks of working with the H+ tapes *Relax*, *Let-Go* and *Off-Loading* and the *Mind Food* tapes *Energy Walk* and *Morning Exercise*, the day for the MRI test came. She successfully entered into a very relaxed state and eventually went to sleep during the three-hour procedure.

A Clinical Psychologist reported on a patient whose extreme anxiety was causing her to resist the surgery that would relieve her extensive pain from cervical nerve damage. After following his recommendations to listen to *Metamusic* tapes continuously at home, she agreed to undergo the surgery on condition that the neurosurgeon permit her to listen to *Hemi-Sync* throughout the operation. The doctor complied, and she underwent the procedure without difficulty.

A college teacher reports on the use of *Hemi-Sync* in a variety of courses to allay anxiety, enhance cognitive learning and mental imagery, to promote creativity. All of these uses, he says, depend upon focusing attention. This is accomplished by *Hemi-Sync*'s auditory stimuli at frequencies which induce the brain into an appropriate state while simultaneously synchronizing the hemispheres to eliminate hemispheric rivalry.

The Department of Surgery at Columbia Presbyterian Hospital uses *Hemi-Sync* tapes in conjunction with other therapies to help patients heal more quickly and with less anxiety and pain. My constant anxiety was very tough for me to live with. I was anxious about going out, anxious about staying home, anxious about going to sleep, anxious about not sleeping, anxious about everything. The tapes you recommended (*Relax*, *Sleeping Through the Rain*, *Let-Go* and *Möbius West*) are helping me lead a more normal life. For the first time in a long while, I'm optimistic about the future.

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